

Resveratrol

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PROPOSITIONS

1. Resveratrol supplementation significantly boosts muscle mitochondrial function
- *this thesis* -
2. Merely improving mitochondrial function is not sufficient to improve whole body metabolic health
- *this thesis* -
3. Resveratrol does not improve glucose homeostasis in patients on metformin, but could still be beneficial for patients on other oral glucose-lowering medication.
- *this thesis* -
4. Food supplements form an inexpensive and easy supportive tool to prevent and treat type 2 diabetes, which can scale down the medical costs significantly.
- *this thesis (valorization)* -
5. The understanding of mitochondrial sirtuin functions may open new possibilities, not only for treatment of cancer and metabolic diseases characterized by mitochondrial dysfunction, but also for disease prevention and health maintenance.
- *Pirine, Best Pract Res Clin Endocrinol Metab 2013* -
6. Combating the obesity epidemic demands environmental and social policy changes, particularly in the areas of portion size, availability of healthful foods, and promotion of physical activity.
- *P.J. Brantley et al., J La State Med Soc 2005*
7. Bad science has a devastating effect on scientific communities and, if it is reported in the media, it can have a devastating effect on the whole of society.
- *A. Moore, EMBO Reports 2006* -
8. A mind needs books as a sword needs a whetstone, if it is to keep its edge.
- *G.R.R. Martin* -
9. An experiment is never a failure solely because it fails to achieve predicted results.
- *R. Pirsig 1974* -
10. My head says go to the gym. My mitochondria say go drink more wine.
- *M. de Ligt 2018* -

